

Plan:

- Where can you find a local expert to introduce your Expedition Team to ice climbing?
- When and where will you go ice climbing?
- What equipment do you need to bring?
- How can you learn about the sport to prepare for this adventure?

Do:

- Head out to an ice face and learn to climb with crampons and axes.

Review:

- What do you know now that you did not know before?
- How did you feel before, during and after this adventure?
- How does winter climbing compare to climbing in other seasons?
- How did your Expedition Team work together to pull off this adventure?
- What personal mental and physical challenges did you face on this adventure? How did others on your Expedition Team provide support?
- How can you build on this experience?

Safety note:

- Even if the members of your Expedition Team are experienced climbers, keep in mind that ice climbing is a unique experience, with unique hazards. Get to know the sport under the guidance of an expert.
- Make sure that the climbing expert has been approved by your Council. Scouts Canada does not condone signing waivers. Contact your Area Support Manager for guidance.

Online Resources:

- [Outdoor Adventure Skills](#)
- [Thunder Bay Winter Wonderland](#)
- [Ice climbing basics](#)



It starts with Scouts.

Ice Climbing

Active & Healthy Living

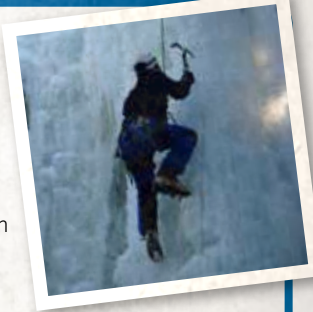
**The Adventure:**

The arrival of winter doesn't mean that you have to give up outdoor climbing for the season.

If there are any waterfalls in your area, there may be decent opportunities for ice climbing in the winter.

Form an Expedition Team to explore this exciting sport. Regardless of the collective rock climbing experience the Venturers in your Expedition Team have, ice climbing offers specific challenges and risks. You need to get familiar with clothing and equipment specific to the sport, and you need to receive instruction on how ice—which is relatively fragile—can be safely climbed.

For avid climbers, this is a great way to get out when cabin fever begins to set in at the climbing gym!



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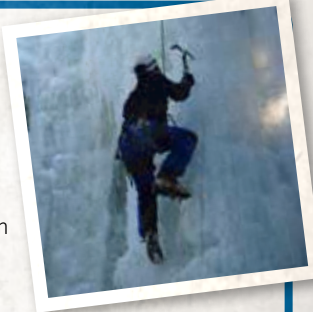
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